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## High on 2012

Wainfleet optimistic  
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# IMPORT NEWS



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■ PORT COLBORNE LEVEE: Mayor's annual event held Sunday

## Budget, health, marketing top to-do list

ALLAN BENNER  
InPort News Staff

business, and what business we're in."

He said it's a matter of "really making the hard decisions in terms of where can we find the efficiencies."

Port Colborne city council is about halfway through developing its 2012 budget.

Badaway also plans to continue the city's focus on enhancing health-care services. He hopes to work with neighbouring communities from Fort Erie to Pelham to work toward improving health-care services in south Niagara.

see LEVEE | page 2

ALLAN BENNER Tribune staff Mayor Vance Badaway toasts a few of his city councillors at his New Year's Levee held Sunday in council chambers. From left are Ward 2 Coun. Angie Desmarais and Yvon Doucet, Badaway and Ward 4 Coun. Barbara Butters.



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■ **WAINFLEET LEVEE:** Christmas tree inferno sparks off new year

# Looking forward to a great 2012

ALLAN BENNER  
InPort News Staff

**WAINFLEET** — "That one was ours I think," Mayor April Jeffs said, as she stood back from a pile of Christmas trees she'd just ignited.

The three burst into flame so fast that Jeffs wondered if she had lit them through while it stood in her home during the holiday season.

It was one of several trees that were piled up in the field behind the Wainfleet Arena during a communal Christmas tree-burning event, held Saturday as part of the township's New Year's Levee.

According to a gathering of aldermen, township staff, volunteer firefighters and a few residents, Jeffs called 2011 a "very good year" for the township, "and I hope that 2012 will be even better."

"We can't do it without the help of our community and our volunteers and people who sit on our committees. I just want to thank everybody and say here's to 2012," she added.

It wasn't the first time the township held the Christmas tree-burning event, but it's been a long time since such an event took place. Jeffs said the last time Wainfleet held one was in 2000.

"We don't get the enhanced service from the region to pick up Christmas trees, so I said 'We should do them,'" she added.

By the time she started the fire, there were only three or four trees on the pile. A few more



Wainfleet Mayor April Jeffs sets a pile of Christmas trees on fire during Wainfleet's New Year's Levee, Saturday.

nearby residents brought their trees over a little later and tossed them on the fire.

Most of the people in atten-

dance were volunteer firefighters, along with township staff, aldermen and a few residents.

"I do hope we get some more

people. I'm sure we will as the day goes on," she said.

Though the first-term mayor was a little disappointed with

the attendance, the weather couldn't have been better. It was very mild for Jan. 7, at about 7°C and sunny.

"I'm glad that we had a good day," she said.

abenner@wellandtribune.ca

## ■ LEVEE

# City looking to 'put in place a really strong marketing strategy'

## FROM PAGE 1

Part of that, he added, is to begin discussions about the possibility of building a new hospital in the south, such as the Ministry of Health has built in St. Catharines.

Because of the location of the new hospital, he said "it's

imminent that we start a discussion about having a new hospital for the south as well."

Another challenge for the upcoming year to come is to work more closely with Port Colborne's partners in south Niagara and across the region to ensure the community gets

what it needs, ranging from municipal services to health care.

"As important as it is for us to promote us as a city, it's equally important to do that as a region because of the strong brand that Niagara offers worldwide," he said.

A big part of that focus, he added, is marketing.

"We need to ensure that we put in place a really strong marketing strategy, and ensuring that what we market is credible."

Through investments that have been put in place,

Badawey said it leads to new opportunities for Port Colborne and the region.

This area, he added, offers multiple forms of transportation, available land for development, and it offers an ideal location.

"It's a great opportunity

for investment in every sector."

Badawey also hopes to continue to focus on ways to enhance the lifestyles of people through recreational developments to ensure Port Colborne is "a fun, vibrant and active place to be."

# portraits

■ PORT COLBORNE FIRE DEPARTMENT: Mike Radzikoski moves up the ranks in less than five years

## Climbing a quick career ladder

EDDIE CHAU  
InPort News Staff

**PORT COLBORNE** — The back parking lot of the fire hall is flooded with water.

Amid the giant puddle sit two stationary fire trucks. One truck is unloading water into a temporary water basin on the ground.

A hose absorbs water from the basin into the reservoir of the second truck. Two firefighters are tinkering with the pressure gauges.

"Here, if you turn this slightly it will ease the water out," says firefighter Mike Radzikoski to a colleague, who was learning the basics of pumping water.

The water just flows through the second truck, making an exit from a spout on the side of the truck.

Capt. Joe Henry of the Port Colborne fire department watches from afar. A grin adorns his face as he nods in approval.

"He's a natural born leader," the captain says of Mike. "Mike's like a sponge. He picks up everything so quickly. He'll be a captain in no time."

"It's been a cold, freezing cold this November night. While the cold temperature would cause the average person to race inside to face the heat, Mike doesn't seem to mind it at all."

"If we do water rescue it can get cold," Mike says. "We have to be prepared for it."

Mike has a passion for operating the pumps. He spent more than 40 hours over a five-day period training to become an efficient pump operator.

Back at the station he instructs other firefighters on how to operate the pumps.

"We have a bout 10 to 12 pump operators we're putting this through," Mike says. "It's a lot of work these guys have put in their own time to learn it."



Mike Radzikoski, left, instructs a fellow firefighter how to properly operate a pump during a training session at the Port Colborne fire hall.

Mike showed dedication himself by studying to become a pump operator trainer on his own time.

Despite his dedication to the craft, Mike originally didn't plan on pursuing firefighting as a career.

At the age of 26, Mike is currently working on the ranks of the fire department. Having been a firefighter since 2005, the Port Colborne native is currently enrolled in training courses en route to becoming a captain with the department.

Becoming a firefighter wasn't something Mike had planned on doing in life, but there is a big influence in his bloodline. Mike is a third-gen-

eration firefighter.

His father, Dave, is a captain with the fire department. Dave has been a firefighter for 30 years. Mike's grandfather, Paul, was a firefighter at the old Humberstone fire department.

As child Mike thought it was always cool when he would see fire trucks pass by from his dad. He also appreciated the camaraderie between the firefighters while on duty.

"Growing up, I would go with my dad at the fire station to see what's going on," Mike says. "It was interesting to me. I never thought I would be here as a firefighter. When I got hired as a volunteer I thought it was a good thing

to try out and to get involved in. When I thought it would make a great job I started to do more."

Mike began taking training courses in an effort to become a member of the full-time force. When the opportunity came up, he didn't hesitate to make the jump.

He's part of a 12-member full-time force that includes four captains, four acting captains and four firefighters. The Port Colborne fire department also utilizes 47 volunteer firefighters.

In the 30 years he's been with the force, Dave has seen much change occur. Dispatching procedures were once done out of the fire hall

whenever an emergency call came in but is now done from St. Catharines.

"We used to work in the station alone. We used to respond to the calls alone," Dave says. "Now it's a considerable improvement that no one goes alone. There's always two firefighters minimum."

Port Colborne is known to be equipped with a pea coat, hip boots and a thin plastic helmet. Now Dave wears a heavier and much safer coat and a sturdier helmet.

He says everything has evolved with the force. Dave has seen much change occur. Dispatching procedures were once done more extensive.

Every Tuesday night the

volunteer and full-time force keep their skills in check with various training methods. The firefighters review everything from water rescue to automobile extrication.

"Even the simple things such as tools have changed," Dave says. "When I started we had basic hand tools for auto extrication. Now we have advanced hydraulic tools."

In under two years since becoming a full-time firefighter, Mike has worked his way up to become an acting captain at the department.

"Not too many people at my age and so early in their career make it that far," he says.

Dave was a full-time firefighter for a decade before he was promoted to acting captain.

"Before (achieving) that I already had 18 years of experience on the job," Dave says.

There has been a high turnover rate at the fire department since Mike was hired as more senior members of the department retire.

"Out of the 12 (full-time) guys I'm already midway through the seniority list," Mike says. "Everything moves quickly but I've learned to adjust and take on what comes with the job. We have a young department."

Dave is among the mind. He plans on hanging up his helmet in two years.

While its refreshing to see a younger force that's so advanced with the training that they lack is on-the-job experience.

"It comes with time. They can have all the skills in the world but they need to apply it out there," Dave says.

Mike said his grandfather used to tell him they would attend to a fire every weekend. Now Mike would be lucky if there was a fire once every few months.

see FIRE DEPARTMENT | page 15

# INPORT NEWS

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## ourview

# A thrifty challenge for Port Colborne

**T**rying to do everything on a fixed budget is often a challenge.

Maybe it's the sign of the times. With the effects of the recent recession still on residents' minds many of them are learning to adapt with living while on a tighter income.

The city of Port Colborne is no different. At this past weekend's New Year's Levee, Mayor Vance Badaway said the city's biggest challenge is how to live together on a budget.

He also stated the municipality isn't able to come on extra upper-tier funding this year for projects and services, so Port Colborne is looking at ways to save money locally.

Port Colborne is halfway through finalizing its budget. Of the many services highlighted in the budget include the continuation of healthcare services.

Badaway has always been a keen supporter of enhancing health care services in south Niagara. One idea he bounced around is building a new hospital for the south.

Making sure the city maintains its high level of services is surely on the municipality's mind. Road maintenance and community improvement plans are two other areas for budget consideration.

There is a long wish-list of tasks the City of Port Colborne would like to complete. Maintaining the same quality level for every service and project for the community is certainly no easy feat.

Residents have become thrifty with spending. It's time for the municipality to do the same.

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■ **WHY ARE THEY THERE?** To protect citizens

# Governments fail in basic purpose

**W**hat purpose do governments serve?

Some people think we could do without them, but that's absurd.

Even libertarians agree that some kind of police force and legal system are necessary to ensure that individual freedoms and property are protected, especially when conflicts arise over competing freedoms and property rights.

Others argue that the ever-expanding economy is our highest priority, and that governments should encourage this unending growth by subsidizing or promoting business and removing so-called regulatory red tape.

At its most basic, a government is there to protect its citizens. That's more complicated than it seems.

What rights do citizens have? Most democratic countries spell those out in their constitutions. Canada's Constitution, for example, enshrines rights in a range of areas: fundamental, democratic, legal, equality, language and so on.

As we begin a new year, it's worth

## readers' views

### Thanks

The Santa's Helpers Committee wish to thank the Port Colborne Wainfleet Community for supporting the 2011 Food and Toy Program. In spite of a declining economy, the Community was still very generous, we received many beautiful Toys, Food, Clothes, Boots, knitted items, such as Mitts, Scarves, Hats, Slippers, knitted Toys and monetary donations. It was overwhelming.

The community was especially thoughtful and caring.

Many thanks to all the Volunteers who contributed to make the Christmas Food and Toy Program successful. We are really grateful. We would not be able to maintain this program without your support.

Santa's Helpers provide for Families and single Adults, they assisted 362 Households, food was distributed for a total of 1045 families, 470 children up to the age of 16 received toys/gifts/gift certificate, stocking stuffers, knitted items etc. Each child that received a gift from Hamper, a ham, and food voucher to purchase meat, dairy products, fruit and produce.

Santa's Helpers is an entire volunteer group with a single objective: to assemble and distribute Food Hampers, new toys and gifts to those families registered through the Central Registry.

Thanks again, we hope you will continue to support the Christmas Food and Toy Program.



**David Suzuki**  
THE EARTH

reflecting on how well our government has looked after the interests of its citizens, and where we might be heading.

According to our Constitution's Charter of Rights and Freedoms, we are entitled to a safe and healthy environment and security in Canada. But how can we fulfil that right without protecting the necessary preconditions for life: clean air and water and productive soils to grow food?

These all come from and depend on natural functioning ecosystems. We can try to clean up water that has been polluted or grow food in a lab, but those strategies will cost much more than protecting the ecosystems before they are compromised.

Natural functioning ecosystems (let's just call them "nature") supply

resources that we all depend on to meet our basic needs and to survive. We need nature, including each other, more than anything else. We can't rely on technological fixes, individual actions or market systems to protect it. Unfortunately, the negative costs of damaging the environment and the benefits that nature provides are rarely factored into economic equations.

In that light, one of government's primary roles is to protect nature. Arguments between the so-called political left and right often summarized as a difference between wanting more or less government. But that misses the point of government.

Governments set priorities, many of them based on where they allocate money and resources. Successive governments in Canada have promoted the idea that a strong economy is the most important consideration and that to have prosperity we must put the interests of corporations above those of citizens. This is backwards.

see SUZUKI | page 5

The committee wishes everyone in the Community a Happy and Prosperous 2012.

**Mieke Van Es, co-ordinator.**

## Rural Canada under attack

To me personally the most appropriate description is carpetbaggers or snake oil salesmen. City slickers who come down to small local communities believing they can hoodwink the local yokels into believing anything and take their money away from them and destroy their communities in the process.

They lay the groundwork ahead of time, in fact years ahead. They sneak into a community looking for gullible and greedy landowners who may even have started off believing the promised contracts were all about sustainable, cheap green alternative energy and saving the environment. If these folk ever read the fine print and realized each contract contained gag orders and forced arbitration agreed to removed their rights to talk to even their neighbours one has to wonder what they think of their neighbours?

The construction they secretly contracted to allow, which would impact not just their immediate neighbours, but their entire community and even neighbouring communities, weren't just an extension to a chicken farm, a new broiler house, a second pig pen or even a sizeable barn to expand a dairy farm.

These are huge industrial machines, maybe two or three on one property, each well over one hundred metres high with hundreds of tonnes of reinforced concrete for each base, towers and machinery built entirely of non-biodegradable materials, with toxic liquids as lubricant in every tower.

In any free and democratic society every single citizen not only has the right but an obligation to oppose anything an elected government may do if it can be shown to be against the best interests of all its citizens, and in any way they can. The Green Energy Act, as it is currently being used by wind energy companies, is just that. It's bad and harmful legislation that needs to be repealed.

I would urge any homeowner or resident of any community being threatened by the wind energy companies to take notice of what is being planned for you all. Just spend 30 minutes viewing videos on YouTube. You owe your future and that of your children at least that. Type in "Wind energy companies" in your search, add "Blade Flicker" "Noise" "Vibration" "Bird and Bat Kill", "Fire" just to start.

Compare the reality of those brief videos, even just home videos, with the glossy salesman pitch of the wind turbine industry. The wind industry still claims any criticism of industrial wind turbines and their negative effects on rural communities are purely "ancient". Draw your own conclusions.

**Andrew Watts**  
Wainfleet

## ■ SUZUKI

## Strong economy should include healthy environment

FROM PAGE 4

While continuing to spend tens of billions of dollars on jet fighters, war ships and campaigns to promote itself and the tar sands, Canada's government is gutting resources from the programs and departments responsible for protecting our environment, as well as weakening policies and laws designed to conserve nature. At the end of 2011, we saw our government trying to cajole other countries to pull out of the Kyoto Protocol during the climate change talks in Durban, South Africa.

When no one went along, Canada became the first country to abandon this legally binding international agreement.

Of course, our current government isn't the only one that has failed to live up to the agreement's requirements. Kyoto may not have been perfect, but in abandoning it rather than working to strengthen it, Canada's leadership failed to acknowledge that dealing with climate change

is essential to protecting its citizens, and those of the world.

We can only take this administration's word that it will come up with a realistic plan to cut emissions and fight climate change, but the record of successive governments so far doesn't inspire much confidence.

Let's get beyond this false dichotomy of economy versus environment. Let's look at economy as a way to provide for the health and well-being of citizens, then it's there to serve the environment, of which we are a part, and not the other way around. Environmental protection shouldn't be seen as a barrier to opportunity; it should be seen as an essential part of a healthy economy.

It's up to all of us to ensure that the governments we elect to look after our interests protect nature because we depend on it for our very lives. That's what they're for.

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■ HEALTH: Patients are appropriately using emergency departments and urgent-care centres

# 'Tis the season for respiratory illnesses

ALLAN BENNER  
InPort News Staff

WELLAND — It's not unusual for hospitals and emergency departments and urgent-care centres to be busy at this time of year treating patients suffering from respiratory illness.

But Anne Atkinson, the health system's vice-president of patient services, said she has seen some interesting statistics over the past few weeks concerning the number of patients arriving at local hospitals.

Those statistics, she explained, indicate that people are starting to use the emergency departments and urgent-care centres as they are intended to be used.

She said the number of patients who have visited

emergency departments in Welland, Niagara Falls and St. Catharines is down slightly — 4% to 6% — compared to the same time period a year earlier.

"But the people who are coming in are sicker, and more are requiring admission to hospital."

In the same time period, Atkinson said, urgent-care centres at Port Colborne and Fort Erie hospitals have seen an increase in the number of patients with less severe illness.

"It tells me that people are following the advice of when you should go to an emergency department and

when you should go to an urgent care (centre) or family doctor," she said. "That's wonderful because people are getting the message."

She said many of the patients checking into both

the emergency departments and urgent care centres have respiratory illness, although those with more severe illness such as community-acquired pneumonia are choosing to visit emergency departments.



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All programs take place at Bridges CHC, Community Room unless otherwise stated.

## WINTER 2012 COMMUNITY PROGRAMS



**CAREGIVER SUPPORT NETWORK:** If you are caring for a loved one and are feeling stressed out, or in need of some personal support, drop-in to our monthly caregiver support network the second Friday of every month from 1:30-3:00pm. *No registration required.*

**CHRONIC PAIN MANAGEMENT:** A six-week workshop series for people living with chronic pain to learn and use new coping tools or strategies. The program will run **every Tuesday, from January 31<sup>st</sup> to March 6<sup>th</sup>**, from 1:30-3:30pm. *Please call us to register.*

**CRAVING CHANGE:** This how-to program is focused on changing your relationship with food. You will learn to understand why you eat the way you do; how to comfort yourself without food and to change your thinking so you can change your eating. The six-week program will be every Thursday, January 26<sup>th</sup> to March 6<sup>th</sup>, from 5:00-6:15pm. *Please call us to register.*

**DIABETES BINGO:** A free & fun way to learn more about diabetes - lots of prizes! The next session will be held on **Wednesday, February 15<sup>th</sup> at 1:30pm**. *Please call us to register.*

**DIABETES HOT TOPICS:** A monthly group session covering diabetes related topics such as managing your blood sugar, nutrition and complications of diabetes. The sessions will be held on the following dates: **Thursday, January 19<sup>th</sup>, Thursday, February 23<sup>rd</sup>, Thursday, March 22<sup>nd</sup> and Thursday, April 19<sup>th</sup>**; all sessions run from 1:30-2:30pm. *Please call us to register.*

**GROCERY FOOD STORE TOURS:** Discover how to make healthy foods choices, read food labels and shop on a budget at Grocery Food Store Tours led by Bridges Community Health Centre's Registered Dietitians. The tours are scheduled for **Thursday, January 19<sup>th</sup> 10:30am and Thursday, March 15<sup>th</sup>, 10:30am**. *Please call us to register.*

**MINDFUL LIVING:** A Mindfulness-based approach to coping can be of benefit to anyone, and is proven to be very helpful for people with chronic pain, anxiety or depression. To learn more, an **information session** will be held on **Tuesday, April 10<sup>th</sup> from 1:30-3:00 pm or 6:30-8:00pm**. Full program starts in May! *Please call us to register for the info session.*

**PRE-DIABETES PRESENTATIONS:** For people who have pre-diabetes or a family history of diabetes, this presentation will focus on nutrition & lifestyle management to prevent/delay the onset of diabetes or diabetes symptoms. Sessions will be held on **Thursday, February 2<sup>nd</sup>, 10:00-11:00am and Thursday, April 5<sup>th</sup>, 10:00-11:00am**. *Please call us to register.*

**QUIT SMOKING GROUP PROGRAM:** Thinking about quitting smoking or cutting back? Join our three week 'You Can Quit' program and learn how to quit for good. The program will be held on **Monday, January 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>, two timeslots 1:00-2:00pm or 6:00-7:00pm**. *Please call us to register.*

**QUIT SMOKING DROP IN SUPPORT GROUP:** A drop-in mutual support group for people who are thinking of quitting smoking or have recently quit. The group meets the first and third Wednesday of every month from **1:00-2:00pm**. *No registration required.*

**TAKE CHARGE:** If you are searching for ways to live well with an ongoing health problem, register for this six-week program focused on helping you learn to manage your health condition and live life to the fullest. The program will run **every Tuesday, 1:30-4:00pm, January 17<sup>th</sup> - February 21<sup>st</sup> at Friends Over 55, 554 Fielden Ave, Port Colborne** - **Please note:** To register for the program please call toll-free 1-855-333-2376 or e-mail [TakeCharge@hsc.ca](mailto:TakeCharge@hsc.ca)

■ **PORT COLBORNE:** 'We went out and got it done'

## Badawey plans to continue aggressive development

MARYANNE FIRTH  
InPort News Staff

**PORT COLBORNE** — Working on community projects, including structuring a new health and wellness centre, continuing the fight for equitable access to health care — it's been a busy year for Port Colborne.

This past year brought the commencement of construction on the health and wellness centre, completion of the Main St. community improvement plan, and a solid cash forward for several other CIPs in the East Village, Downtown and Waterfront areas.

Port Colborne also began the process of creating an industrial CIP to offer tax incentives and additional development incentives to new and expanding industrial businesses.

It help promote all that Port Colborne has to offer,

the city unveiled a marketing campaign in 2011 that included the launch of the Port Colborne's new brand identity and advertising campaign — Niagara's South Coast — Uncharted, Unexpected.

The brand creates a new unified tourism message and identity for the area, as it appeals to a wide variety of visitors from across the globe, says Mayor Vance Badawey.

Port Colborne's efforts to showcase itself to the world received three awards at the annual Ontario Economic Development Awards.

Last year was also a big year for health care in Port Colborne.

Through the development of a pilot project with the Michael G. DeGroote

 We have not sat back and waited for something to get done. We went out and got it done."

Mayor Vance Badawey

School of Medicine and the Hamilton Niagara Haldimand Brant Local Health Integration Network, the city continued its approach to establishing a community-oriented primary health care. Its model for the newly established inter-professional care team has caught the attention of many in the medical community. Badawey says, particularly as Ontario legislators grapple with a health-care system that is fiscally challenged.

Through continued insistence on a Health Minister, Port Colborne learned in 2011 that its hospital will see \$1.5 million in renovations. Badawey says that work is expected to move forward this year, to provide a better environment not only for patients but also for hospital personnel.

"We have many wins," he said of the past year.

Port Colborne has taken on a leadership role at all levels of government, Badawey says.

"We have not sat back and waited for something to get done. We went out and got it done."

But that success does not come without a great deal of effort, he stresses.

"We have established many productive partnerships that create the wins," he says.

"Our intent is to continue to move forward aggressively in 2012, ensuring that what Port Colborne and Niagara have to offer is recognized worldwide."

*mirth@wellandtribune.ca*  
*Twitter: @mirth@tribune.ca*

■ JOE'S MEAT MARKET: Steve and Joe Ujfalussy are not closing shop

# Sausage King making business changes

DAVE JOHNSON  
InPort News Staff

**PORT COLBORNE** — Joe's Meat Market is not closing, despite rumours going around town, says Steve Ujfalussy.

Ujfalussy, owner of the popular store with his father, Joe, said the meat market is undergoing some changes, including to its focus.

"You have to focus on what makes you different from everyone else. What makes us different are our homemade items," he said of such items as ham kielbasa and Hungarian sausages.

"The hungarian [pork and rice sausage] is what won us the Sausage King title," said Ujfalussy.

As a customer came into

**We're going to go where the people are — and that's at local markets"**

Steve Ujfalussy

the Port Colborne store at the corner of Nickel and Fares Sts., he explained to him that Joe's Meat Market will no longer be selling fresh ground beef or pork or pork chops. He told the woman the change isn't a bad thing and that it will help keep the store open.

"We don't want to see the store close," he said to her. "We're going to go where the people are — and that's at local markets."

Ujfalussy said his business plan is to keep the store open

and focus on selling sausages and fresh meat at various farmers' markets across Niagara, including Port Colborne's.

Hungarian items including noodles and soup mix, some of which come directly from Hungary, will also be sold at the markets.

see MEAT MARKET | page 8

DAVE JOHNSON Staff Photo

Steve Ujfalussy holds up some of the homemade items that can be found at Joe's Meat Market in Port Colborne. The store, despite rumours floating around town, is not closing and local markets."



## The Healthy Cupboard

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As seen on  
Doctor Oz

### WHAT IS BELLY FAT?

Belly fat is comprised of mainly visceral, oromentum fat. This fat is stored in the subcutaneous fat in the fat you can see. Experts agree that omnamentum fat is the least desirable fat on the body because of the way it packs itself around our vital organs. The loss of belly fat, for both men and women, can promote overall health.

### HOW MUCH BELLY FAT IS TOO MUCH?

Measure your waist across your belly button. Total inches should be half or less than your height. For example: If you are 5'6" or 66 inches, your waist should be 33 inches or less.

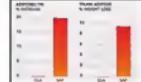


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- Belly fat measured by DXA-SAF group lost up to 9.4% belly fat.
- Adiponectin: Levels of this important belly fat hormone increased an average of 20.3%.
- Fasting glucose: SAF significantly decreased fasting glucose.

The results were obtained with no modifications to study participants' exercise or diet regimen.



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## MEAT MARKET

# 'If we don't change, we won't be here at all'

FROM PAGE 7

Joe's Meat Market has customers who come from across Niagara and beyond to buy soup mixes, noodles, pep-poni and sausages.

"We have a man who comes up from Ohio to buy a whole box of soup mix," Ujfalussy said proudly.

There are customers who are in their 60s who have been coming to the store since they were children. The store is in its 53rd year of operation — Steve Ujfalussy being the third generation to run it.

"I worked alongside my grandfather and father here," said Ujfalussy, who came

home six years ago after a 20-year stint in the navy.

He said people will still be able to buy items in the store and order some things over the phone. For things such as breaded chicken and roast beef, people can call a couple of days ahead to order and he and his father will have it

ready for them.

If the front door of the store happens to be locked, he said customers can come in the side door on Nickel St. When the store is closed because he and his father are at a farmer's market, there'll be a notice put up on the door for customers to see.

Another reason for the change, Ujfalussy said, is the result of two fires the store had in its smokehouse, which is around the Nickel St. side of the shop. Those fires were costly and insurance did not cover all of the fire damage.

"My dad went and put every penny he had into the smoke-

house and store," Ujfalussy said.

Some people may be shocked by the change, but it had to be done, he added.

"If we don't change, we won't be here at all."

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## ■ WIND FARM

# Aim is to have project operational by spring 2014

FROM PAGE 9

Rahman said an early turbine layout plan will also be put together to help plan the project. The final layout will be made available 90 days before the final open house which could be

scheduled for the summer.

Rahman said the final project could be submitted for approval by the fall, but it's too early to know if the company will hit that deadline. It can take up to six months for the province

to approve a wind project, she said.

Reichart said the company announced a \$400-million deal with E.ON/ICON that will see the German firm supply all 77 3.0-megawatt turbines to the company's 230-megawatt proj-

ect. The turbines will be built at the two facilities to be located somewhere in Niagara.

Site location for both factories will be decided by the spring. Turbine production will start in summer 2013.

Construction of the wind farm

could take up to a year with the company aiming to have the project operational by spring 2014. The company says the wind farm will create 770 jobs during the development and construction phases and 110 jobs after its completion.

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■ **BUILDING CODE:** Township now carrying out inspections

# Wainfleet reassumes septic system responsibilities

DAVE JOHNSON  
Tribune Staff

WAINFLEET — After uploading responsibility for septic system inspections to Niagara Region more than 30 years ago, the township has reassumed control.

"We've always been responsible, actually," said Greg Wuisman, Wainfleet's director of operations.

Under the Ontario Building Code, the responsibility for inspecting new septic system installations falls on local municipalities. But in Niagara, the region took on the role. Septic systems fall under Part 8 of the Building Code.

Wuisman and Mayor April Gieger said taking on the mandatory inspections falls in line with Wainfleet's find, replace, repair program, which kicks in this spring. The program is the township's alternative to the so-called Big Pipe, which could have seen a water-sewer pipeline installed along the length of the lake-

shore to deal with failing septic systems.

"If someone builds a new home in Wainfleet, permits are needed for the septic system. Before, people would have to go to the region and it would issue a permit and send out an inspector. Now, they just come to us," Wuisman said.

He said when Wainfleet started talking about the find, replace, repair program, the region said it would make sense if the township took over all duties related to septic systems. The region approved of Wainfleet taking the back on.

The size of a septic system,

which includes a tank and leaching bed, depends on three factors.

"It includes the number of bedrooms, square footage of the living space and the number of plumbing fixtures," Wuisman said.

Plumbing fixtures can include sinks, bathtubs, dishwashers, toilets that would be emptied into a septic system. A formula is then applied to determine the exact size of the system needed.

The township has hired Caitlin Wood as senior septic system

inspector to carry out all field

inspections of new septic system.

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## Ask Our Pharmacists



Scott Penner  
R.Ph.B.Sc.PHM

### What is a Neti pot?

It may look like a watering can or a genie bottle, but a neti pot — or "nose bidet" — may actually be the answer to your sinus woes. For thousands of years, Dr Oz (as seen on Oprah) says people have been using similar devices to wash out their noses.

By pouring warm water from the neti pot into your nose, you can stimulate your sinuses and help clear out mucus. If the fluid builds up in your sinuses and causes pressure, you will experience pain, Dr Oz says. This condition is known as sinusitis — inflammation of the sinuses.

"A lot of folks that have allergies, who have sinusitis, that have conditions that we treat with medications are equally well treated by actually washing the areas of your body," he says. "When you think about it ... you wash your underarms. You have bidets. Why wouldn't you wash a pretty important part of your body, your sinuses, in the same fashion?"

If your sinuses are working normally, they will clean themselves. "That's why you blow your nose," he says. Before you try pouring water into your nostril, Dr Oz offers some neti pot pointers. First mix the water with quarter teaspoon sea salt. "You never want to wash (human) tissue without having salt water in them" he says "your own cells like it more." Dr Oz says washing out your sinuses with regular water will be irritating. Cold water may make you feel like you are drowning in a pool. Amy, an audience member who suffers from sinusitis, demonstrates the proper way to use a neti pot. "I thought it would feel like drowning, but it feels good," she says.

It may look strange, but Dr Oz says this treatment may be more effective than medication. The (ear, nose and throat) doctors who are specialists in this area will often say this is better treatment than a lot of the other drugs that we try to offer folks, because it mechanically cleans out the problem," he says. Neti Pots with instructions are available at Boggio Pharmacy!

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## ALONG THE LAKESHORE

### THURSDAY, JANUARY 12

**Taolst Tai Chi** has an open house and new class beginning at 6:30 p.m. at William E. Brown School in Wainfleet (behind Marshville Chocolates). Call 905-935-7583 or view [taolst.org/](http://taolst.org/) niagara for more information.

### AT THE PORT COLBORNE PUBLIC LIBRARY

**Small Hands Studio: Wonders of Winter Workshop**, Monday evenings, January 16 to February 13th, from 6:30 p.m. Exercise your imagination this winter, as we paint, draw, and sculpt the

season away. For ages 6 & up. To register contact Kelly Davies at 905-834-8483 or at [smallhandsstudio@cogeco.ca](mailto:smallhandsstudio@cogeco.ca). Cost: 5 week session \$65. Ask about savings for same family bookings.

**Kids Yoga with Nadia**: begins Tuesday afternoons, January 17 to March 6 from 4-5:00 p.m. Cost: 8 weeks \$35 or \$5 per drop in. For Ages 4-12. For more information or to register, call Nadia at 905-329-9841.

**Knitting**: **Winter Session** begins Tuesday evenings, January 3 from 7:00 p.m., and Thursday afternoons January 12 from 1:00 p.m. For more information on the Knitting Club schedule of classes or to join the Knitters' Club, call Vicki Fretz at 905-835-5373.

**Tot Time with Stacey** on Thursdays, from 10:30-11:30 a.m.,

January 19th. Stories, crafts and games, for children ages 2 to 4, with their parents/caregivers. Cost is \$1 per child per week. Pre-register at the Library.

**Wii Bowling for Seniors**, Wednesday, January 18th from 1:30-3:30 p.m. Join us for an afternoon of fun, low-impact exercise, and a little friendly competition! Free admission. Free refreshments. **Wii Bowling for seniors** is presented the third Wednesday of the month, September to June.

**One-on-One Computer Lessons**, Saturday mornings at the Library. \$10 per person per one-hour lesson. Pre-registration required. Lessons geared toward your interests. Topics include: email, Facebook, Twitter, blogging, creating simple websites, and more. Call the Library at 905-834-6512 for an appointment.

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